



Lower Carb* Meal Ideas

*Sample Meals contain approximately 30 grams of carbohydrate

Breakfast:

1/2 cup cooked oatmeal ♣ 1/2 cup nonfat or non-dairy milk ♣ 1 Tbsp raisins ♣ 1 Tbsp chopped pecans

1/2 English muffin ♣ 1/2 banana ♣ 2 Tbsp peanut or other nut butter

6 ounces light yogurt ♣ 1/2 cup high-fiber cereal ♣ 1 Tbsp sliced almonds

1 slice toasted whole grain bread ♣ 1/2 cup fruit juice ♣ ½ cup nonfat or low-fat cottage cheese

1 mini (2-ounce) bagel ♣ 2 Tbsp low-fat cream cheese ♣ 4 ounces low-sodium vegetable juice

Lunch:

1 slice whole-grain bread ♣ 2 ounces sliced turkey or chicken breast ♣ Lettuce, sliced tomato ♣ 2 Tbsp Mayo or other no sugar added sandwich spread such as mustard ♣ 1 small (4 ounce) apple

1 corn tortilla ♣ 1/2 cup refried beans ♣ 2 Tbsp guacamole ♣ ¼ cup tomato salsa ♣ shredded lettuce ♣ 2 Tbsp light sour cream

1/2 whole-grain pita ♣ 4 ounces canned tuna packed in water ♣ 2 Tbsp mayo ♣ 5 cherry tomatoes ♣ 4 carrot or celery sticks ♣ 1 small (4 ounce) apple

1/3 cup hummus ♣ 1/4 cup chopped olives ♣ 1/2 whole-grain pita ♣ 1 sliced tomato and 1 sliced cucumber ♣ shredded lettuce

1/2 cup cooked lentils ♣ 1/3 cup cooked brown rice ♣ 1 small tossed green salad ♣ 2 Tbsp salad dressing

Dinner:

2/3 cup cooked brown rice ♣ 1 cup cooked broccoli ♣ 4-6 ounces baked/grilled/broiled skinless chicken

1/3 cup pasta ♣ 1/2 cup tomato sauce ♣ 4 ounces lean ground beef ♣ small tossed salad ♣ 2 Tbsp dressing

2/3 cup cooked brown rice ♣ 1 cup stir-fry vegetables ♣ 6 ounces tofu cut into cubes ♣ low sodium soy sauce

1/2 cup mashed potato ♣ 1/2 cooked corn ♣ 1 cup cooked green beans ♣ 4-6 ounces baked turkey breast

1/2 cup mashed sweet potato ♣ 1 cup cooked broccoli ♣ 4-6 ounces broiled fish ♣ 1/2 cup unsweetened applesauce

1 cup chili made with beans and lean ground turkey ♣ 2 Tbsp light sour cream ♣ small spinach salad with 2 Tbsp salad dressing

Source: adapted from <https://provider.ghc.org>

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